

Neue. 1621.

A new Almanack, and
Prognostication, with the
Forraine Computation, ser-
ving for the yeare of our
Lord and Saviour
Jesus Christ.

1621.

Being the first yeare, after the
Bissextile or Leape yeare.

Rectified for the Elevation of
the Pole Arctike, and Meridian
of the famous Towne of great
Yarmouth in Northfolke: and
may serve generally for
the most part of great
Brittaine.

Practised, penned and published
by Iestery Neue, Gent.

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The Contents of this double Kalender for
 the year of our Lord God: 162 which is the first
 year after the Bissextile or Leape year, according
 to the Accompt and Computation of the
 Church of England.

The Prime or Golden Number, 7.
 The Circle of the Sunne, 6.
 The Epact is, 17.
 The Dominicall Letter, G.
 The Roman Indiction, 4.
 The space betweene Christmas and Whoresunday, is
 6. weekes and 6. dayes.

Whoresunday,	February	11.
Easter day,	April	1.
Ascension day,	May	10.
Whitsunday,	May	20.
Aduent Sunday,	December	2.

Betweene Trinity and Aduent, are Sundayes, 16.
 Betweene Easter and Ascension, is 5. weekes, & 3. dayes.
 Betweene Whitsunday & Midsummer, is five weekes.
 Betweene Midsummer & Barthol: are 8. weekes & 4. dayes.
 Betweene Barthol: & All Saints, are 9. weekes & 3. dayes.

The Fountains Computation.

The Golden number, 7.
 The Circle of the Sunne, 6.
 The Epact, 17.
 The Dominicall Letter, G.
 The Roman Indiction, 4.

Whoresunday,	February	11.
Easter day,	April	1.
Ascension day,	May	10.
Whitsunday,	May	20.
Aduent Sunday,	November,	18.

The space betweene Christmas and Whoresunday, is
 8. weekes and 2. dayes.

A brife and necessary Computation of Yeares.

From the Creation of the world, untill this present yeare of our Lord God.	5591
from the Creation untill the Flood.	1656
from Noah to Christ.	1514
Since he promised seed of Abraham.	3934
Since he promised departure out of Egypt.	2137
Since the destruction of Troy.	1804
Since Darius entered this land.	1728
Since the building of the Temple of Salomon.	1657
Since the building of the City of Rome.	1372
Since Nabuchodonosor the King.	1369
Since Alexander the great King.	1945
Since Julius Caesar Raine with bodkins.	1670
Since the happy birth of our Saviour Christ.	1621
Since Jerusalem destroyed by Titus.	1548
Since England received the Christian faith.	1441
Since the Danes entered England.	603
Since the Conquest of England.	554
Since the Science of Printing was invented.	161
Since King Henry the 8. wonne Bulloigne.	77
Since Kets Rebellion at Norwich.	72
Since the infectious sweating sickness.	64
Since St. Pauls Church decayed by lightning.	60
Since the great Plague at Rost-haven.	58
Since the Charles rebellion in the North.	52
Since the blazing Starre and frosty winter.	49
Since the Erie Apparition in the heavens.	47
Since the Deepe snowe.	42
Since the generall Earthquake in England.	41
Since the Campe at Tilbury in Essex.	33
Since the last Earthquake in England.	19
Our Kings Majesties Raigne, whome the King of Heavens graunt long and prosperously to Raigne ever vs. Amen.	19

The Anatomic of Mans body, as the
partes thereof are governed by the
12. Celestiall Signes.



Aries, Head and face : Taurus, the Neck and Throat :
Gemini, the Armes and shoulders : Cancer, the Breast
and stomacke : Leo, Heart and Backe : Virgo, Guts and
Belly : Libra, Reynes and Buttoches : Scorpio, secrets
and members : Sagittarius, the Thighes : Capricornus,
the Knees : Aquarius, the Legges : Pisces, the feete.

January hath xxxj. dayes.

Now if your body in health will keepe,
 Warme meates for it is very meete:
 Fly Physicke, Sloath, and Venerie,
 Anoyde all Bathes most carefully.

1	a	Neloyeres	Virg.	6	11	d
2	b	Oct. of Decr.	Virg.	21	12	e
3	c	Oct. of Job.	Libi.	5	13	f
4	d	Oct. of Inno.	Libi.	20	14	g
5	e	Edward dep.	Scorp.	3	15	a
6	f	Twelke day.	Scorp.	17	16	b
7	g	1. sun. asc.	Capr.	0	17	c
8	a	Med. com. in	Capr.	12	18	d
9	b	Sol in Aquar.	Capr.	25	19	e
10	c	Paul 1. her.	Capr.	7	20	f
11	d	Linus mart.	Capr.	19	21	g
12	e	Archab. mar	Aquar.	1	22	a
13	f	Hilarte bish.	Aqua.	12	23	b
14	g	2. sun. asc.	Aqua.	24	24	c
15	a	Maurice	Pisces.	6	25	d
16	b	Marcellus	Pisces.	17	26	e
17	c	Anho. Dep.	Aries	0	27	f
18	d	Patrica virg.	Aries	12	28	g
19	e	Constantin bish.	Aries	24	29	a
20	f	Ab. & Seda	Taur.	7	30	b
21	g	Agnes virg.	Tau.	20	31	c
22	a	Vincent mar	Gem.	3	1	d
23	b	German bish.	Gem.	17	2	e
24	c	Timothie	Can.	1	3	f
25	d	Con. of Paul	Can.	15	4	g
26	e	Policarp bi.	Leo	0	5	a
27	f	Julian	Leo	15	6	b
28	g	Septuagesim.	Virg.	0	7	c
29	a	Valerius	Virg.	15	8	d
30	b	Batild Que	Libi.	0	9	e
31	c	Satur. & Uic	Libi.	14	10	f

(The last quar-
 ter the 4. day, 40. mi-
 nutes after 7. of the
 clocke at night.

● The new moon
 the 12. day, 50. min.
 after 2 of the cloche.
 in the morning.

) The first quar-
 ter the 20. day, halfe
 an houre after 6. of
 the cloche at night.

February, 1620.
 Our Hearton of Wya

● The full moon
 the 27. day, 10. min.
 after 3. of the cloche
 in the afternoons.

February hath xxvij. dayes.

This Month as yet no Physicke yle.
 For feare that you your selfe abule w/
 Bleed not nor Bathe, be rul'd by me,
 Except vpon necessitie.

1	D	Willet fall	Lib. 29	1	B	
2	E	Sunif. of 25	Decr. 12	2	A	The last quar-
3	F	Wale bish.	Decr. 24	3	B	ter the 2. day, about
4	G	Sexagesima	Magit.	4	A	one of the clocke in
5	A	Agathe virg	Mag. 29	5	B	the afternoone.
6	B	Donorbe vir.	Capr. 4	6	E	
7	C	Angule bish.	Cap. 16	7	F	
8	D	Sol in Piscos.	Cap. 28	8	G	The Newe
9	E	Apolonius	Aqua. 10	9	A	a moone the 11. day,
10	F	Schol. virg.	Aqu. 22	10	B	50. minutes after 9.
11	G	Whitson	Pisc. 3	11	C	of the clocke, in the
12	A	Emme ends	Pisc. 15	12	D	forenoone.
13	B	Wolstan	Pisc. 26	13	E	
14	C	Valentine	Aries 8	14	F	
15	D	Fawstine	Aries 20	15	G	The last quar-
16	E	Julian virg.	Taur. 3	16	A	ter the 19. day, 8. mi-
17	F	Holieron	Tau. 15	17	B	nutes after 9. of the
18	G	1. sun. in lent	Tau. 28	18	C	clock in the forenoon
19	A	Wed. go out	Gem. 12	19	D	March, 1631.
20	B	Widied vir.	Gem. 25	20	E	
21	C	Ember week	Can. 9	21	F	
22	D	Cath. S. Pe	Can. 24	22	G	The full moone
23	E	Polle. fall	Leo 9	23	A	the 26. day, 13. mi-
24	F	Marthas 2.	Leo 24	24	B	nutes before one of
25	G	2. Jun. in lent	Virg. 9	25	C	the clock in the morn-
26	A	Wes. bish	Virg. 24	26	D	ning, 11. o'clock
27	B	August bish.	Libr. 8	27	E	
28	C	Michael bish.	Libr. 23	28	F	

March hath xxxj. dayes.

Now March begins the Springing time, And T

The Sunne hath got the equall line: 61

Vic Physickes Art, and all thy skill,

To helpe Diseases that be ill. 62

1	d	David bish.	Deco. 7	11	g	
2	e	Chadde bish.	Deco. 2	12	a	
3	f	Maurice	Agit. 4	13	h	The last quar-
4	g	3. sun. in lent	Ag. 17	14	i	ter the 4. day 34 min.
5	a	Jocase & Gul	Capit. 0	15	d	nutes after 11. of the
6	b	Victor & Vic	Cap. 13	16	e	clocke at night.
7	c	Perpetuus	Cap. 25	17	f	
8	d	Felix Mart.	Aqu. 7	18	g	
9	e	40. Marcellis	Aqu. 19	19	a	The new moon
10	f	Sol in Aries	Disces 1	20	b	the 13. day, 45. min.
11	g	4. sun. in lent	Disce. 12	21	c	after 3. of the clocke
12	a	Gregorie	Disce. 24	22	d	in the morning.
13	b	Theodo mar	Aries 6	23	e	
14	c	Candide ma	Aries 18	24	f	
15	d	Longin. mar	Tau. 0	25	g	Anuntiat. of Mary
16	e	Boniface bi.	Tau. 12	26	a	
17	f	Gerrude bir	Tau. 25	27	b	The first quar-
18	g	5. sun. in lent	Gem. 8	28	c	ter the 20. day, 45.
19	a	Joseph	Gem. 21	29	d	minutes after 7. of
20	b	Eutbert	Can. 5	30	e	the clocke at night.
21	c	Benedict	Can. 19	31	f	
22	d	Isidore	Leo 3	1	g	Aprill, 1621.
23	e	Theodore b.	Leo 18	2	a	
24	f	nit. Reg. lae.	Virgo 3	3	b	
25	g	Ann. of Ma	Vir. 17	4	c	The full moon
26	a	Castor mar	Libz. 2	5	d	the 27. day, 10. min.
27	b	Martianus	Libz. 17	6	e	after 10. of the clock
28	c	Dorothe bir	Deco. 1	7	f	in the forenoon.
29	d	Matthe	Deco. 15	8	g	
30	e	Mairine	Deco. 29	9	a	
31	f	Idelme bish	Ag. 12	10	b	

Aprill hath xxx. dayes.

This Aprill with his stormy showers,
Doth make the Earth yeeld pleasant Flowers:
Purge well therefore for it is good,
To helpe thy body and cleanse thy blood.

1	C	Easter day	Ag. 25	11	C	Easter day.
2	a	Mary Egyp. Cap.	8	12	b	
3	b	Richard bish	Cap. 21	13	c	C The last quar-
4	c	Ambrose.	Aqua. 3	14	f	ter the 1. day, 21. mi-
5	b	Martian	Aqua. 15	15	g	nutes after 4. of the
6	c	Hilrus bish.	Aqua. 27	16	a	clocke in the after-
7	f	Egillppus	Pisc. 9	17	b	noone.
8	C	sun. aft. Ca	Pisc. 21	18	C	
9	a	Wed. com. in Aries.	3	19	b	
10	b	Sol in Taurus	Aries 15	20	c	● The new moon
11	c	Iuly Confel	Aries 27	21	f	the 11. day, 17. min.
12	b	Osmaid Arc	Tau. 9	22	g	after 7. of the clocke
13	c	Eufemie vir	Tau. 22	23	a	at night.
14	f	Tiburt mart	Gem. 5	24	b	
15	C	sun. aft. Ca	Gem. 18	25	C	Marke Euaugelst.
16	a	Adoze mart	Canc. 1	26	b) The first quar-
17	b	Colmy.	Can. 15	27	c	ter the 19. day, about
18	c	Acem begin	Can. 29	28	f	3. of the clocke in the
19	b	Alphage Arc	Leo 13	29	g	moyning.
20	c	Victor bish.	Leo 28	30	a	
21	f	Simeon.	Virg. 13	1	b	May, 1621.
22	C	3. su. aft. Ca.	Virg. 27	2	C	
23	a	St. George.	Libra. 12	3	b	
24	b	Wulftrid bish.	Libra. 26	4	c	● The full moon
25	c	Marke Eua	Scorp. 9	5	f	the 25. day, 55. min.
26	b	Clement ma	Scor. 24	6	g	after 7. of the clocke
27	c	Anaface bi.	Sagi. 7	7	a	at night.
28	f	Alcrasta.	Sag. 20	8	b	
29	C	4. sun. aft. Ca	Cap. 3	9	C	
30	a	Erhenwald.	Cap. 16	10	b	

May hath xxxj. dayes.

Now gallant May in his aray,
Doth make the Fields pleasant and gay:
Walke carely now for thy healths sake,
And still thou mayst some Physicke take.

1	b	Phillips	Aq.	28	11	e	
2	c	Schastus	Aqua.	11	12	f	
3	d	Inuen. Crof.	Aqua.	23	13	g	(The last quar-
4	e	florian	Dile.	5	14	a	ter the 3. day, 57. mi-
5	f	Goddard.	Dile.	17	15	b	nutes after 9. of the
6	g	Regation	Aries	0	16	c	clocke in the fore-
7	a	Wes. go out	Aries	11	17	d	noone.
8	b	App. of Wic.	Aries	24	18	e	
9	c	Trans. Rich	Taur.	6	19	f	
10	d	Ascension da	Tau.	19	20	g	Ascension day.
11	e	Sol in Gem.	Gem.	1	21	a	☉ The new moon
12	f	Perens.	Gem.	14	22	b	the 11. day 21. min.
13	g	Bernard	Gem.	28	23	c	After 8. of the clocke
14	a	Trine ends	Can.	11	24	d	in the fore noone.
15	b	Ilmore mart	Can.	25	25	e	
16	c	Giandint bi.	Leo	9	26	f	☾ The first quar-
17	d	Dioscor. mar	Leo	24	27	g	ter the 18. day about
18	e	Durstan	Virg.	8	28	a	8 of the clocke in the
19	f	Barnardine	Virg.	23	29	b	fore noone.
20	g	Whitun day	Libra.	7	30	c	Whitun day.
21	a	Hessen Que.	Libr.	22	31	d	
22	b	Julian virg.	Scorp.	6	1	e	June, 1621.
23	c	Ember wes.	Sco.	19	2	f	
24	d	Idelme bish	Sag.	3	3	g	
25	e	Augustine	Sag.	16	4	a	☉ The full moon
26	f	Wede Priest	Sag.	29	5	b	the 25. day, 28. min.
27	g	Trinitie lunt	Cap.	11	6	c	After 7. of the clocke
28	a	Wes. com in	Cap.	24	7	d	in the morning.
29	b	Cozon. mart.	Aqua.	6	8	e	
30	c	Felix bishop	Aqua.	18	9	f	
31	d	Petronill vir	Dile.	0	10	g	

June hath xxx. dayes.

This Month of Iune is Clarified whay, w^o /
Boyled with Colds Herbes drinke alway:
From violent exercise now abstaine, w^o /
Except thou wilt in trouble remaine.

1	e	Terme beg.	Pisc.	12	1	a	
2	f	Marcelline	Pisc.	25	12	b	The last quar-
3	g	1. sun. aft. tri.	Aries	7	13	c	ter the 2. day, 31.
4	a	Petro Conf.	Aries	19	14	d	minutes after 3. of
5	b	Boniface	Tau.	2	15	e	the clock in the mo:
6	c	Matthion ma.	Tau.	14	16	f	ning.
7	d	Willia Arch	Tau.	27	17	g	
8	e	Medard	Gem.	10	18	a	The new moon
9	f	Tran. Edm.	Gem.	24	19	b	the 9. day, 50. min.
10	g	2. sun. aft. tri.	Can.	7	20	c	after 6. of the clocke
11	a	Solin Cancer	Can.	21	21	d	at night.
12	b	Basil	Leo	6	22	e	
13	c	Anthony	Leo	20	23	f	
14	d	Basil bishop	Virgo	5	24	g	John Bapt.
15	e	Wite & Mod	Virg.	19	25	a	
16	f	Tran. of Ri	Libra	4	26	b	The first quar-
17	g	3. sun. aft. tri.	Libr.	18	27	c	ter the 16. day, 27.
18	a	Marcelline	Scor.	2	28	d	minutes after high
19	b	Geruasius	Scor.	16	29	e	noone.
20	c	Terme ends	Scor.	29	30	f	
21	d	Walburge	Sag.	12	1	g	July 1621.
22	e	Albane	Sag.	25	2	a	
23	f	Etheld. fast	Cap.	8	3	b	The full moon
24	g	John Bapt.	Cap.	20	4	c	the 3. day, 31. min.
25	a	Tran. Elig.	Aqua.	2	5	d	after 6. of the clocke
26	b	John & Paul	Aqua.	14	6	e	at night.
27	c	S. Crescenc.	Aqua.	26	7	f	
28	d	Leo bish. fast	Pisces	8	8	g	
29	e	Sever Spolt.	Pisc.	20	9	a	
30	f	Con of Paul	Aries	2	10	b	

July hath xxxj. dayes.

Now in July Dog dayes begin,
The Rivers are best to bathe in:
To take hore drinckes bee not to bolde,
But use Hearbes which be moyst and colde.

1	B	5. sun. aft. tri	Aries 14	11	C	The last quar-
2	a	Wille. of Ma	Aries 27	12	D	ter the 1. day, 21. mi-
3	b	tran. of Tho.	Taur. 9	13	E	nutes after 8. of the
4	c	tran. of Ma	Tau. 22	14	F	clocke at night.
5	d	For virgin.	Gem. 5	15	G	
6	e	Oc. of Pet.	Gem. 19	16	A	
7	f	Marialis	Can. 2	17	B	
8	G	6. sun. aft. tri	Can. 16	18	C	● The new moon
9	a	Cirill mart.	Leo 1	19	D	the 9. day, 12. minut
10	b	7. Barthien.	Leo 15	20	E	after 3. of the clocke
11	c	tran. of Ben	Virg. 0	21	F	in the morning.
12	d	Flaboz & Fel	Vir. 15	22	G	
13	e	Sol in Leo.	Virg. 29	23	A	
14	f	Reuell.	Libz. 14	24	B	
15	G	7. sun. aft. tri	Libz. 28	25	C	James Spottle.
16	a	Tran. of Ol.	Sco. 12	26	D	
17	b	Kenelme, R.	Sco. 26	27	E	● The first quar-
18	c	Benulph Wi	Sag. 9	28	F	ter the 15. day, 8. mi-
19	d	Wor dayes b	Sag. 22	29	G	nutes after 6. of the
20	e	Margaret bi	Capr. 5	30	A	clocke at night.
21	f	Praxed btrg	Cap. 17	31	B	
22	G	8. sun. aft. tri	Cap. 29	1	C	August. 1611.
23	a	Apolinar. bi.	Aqu. 11	2	D	● The full moone
24	b	Christia fall	Aqua. 23	3	E	the 23. day, 12. min.
25	c	James Apo	Pisces 5	4	F	after 8. of the clocke
26	d	In. mo. of M	Pisc. 16	5	G	in the forenoon.
27	e	Martha	Pisc. 28	6	A	
28	f	Dampson bi	Aries 10	7	B	● The last quar-
29	G	9. sun. aft. tri	Aries 22	8	C	ter the 31. day, 53.
30	a	Edon & Se	Taur. 5	9	D	min. after 11. of the
31	b	German bish	Tau. 17	10	E	clock in the forenoon

August hath xxxj. dayes.

This Month of August take good heede,
For now will many Surfers breede:
Let little Sleepe thee now Content,
If that Diseases thou wilt preuent.

1	c	Lammas da.	Gem.	0	11	f	
2	d	Stephen ma	Gem.	13	12	g	
3	e	Yodim patell	Gem.	27	13	a	● The new moon
4	f	Laurent. Ste	Can.	10	14	b	the 7. day. 41 minutes
5	g	Domitius con	Can.	25	15	c	after 11. of the clock
6	a	Transligr.	Leo	9	16	d	in the forenoone.
7	b	Feast of Iesu	Leo	24	17	e	
8	c	Ciriacke	Virg.	9	18	f	☾ The first quar-
9	d	Roman mart	Virg.	24	19	g	ter the 14. day. 21.
10	e	Laurence	Lib.	9	20	a	min. after 2. of the
11	f	Ciburr. mar.	Lib.	23	21	b	clocke in the morn-
12	g	11. sh. aft. tri.	Scor.	8	22	c	ning.
13	a	Sol in Virgo	Scor.	22	23	d	
14	b	Eusebius	Sag.	6	24	e	Bartholmeo Apost.
15	c	Assump. Ma	Sag.	19	25	f	
16	d	Roche martir	Capr.	2.	26	g	● The full moon
17	e	Oto Laure.	Capr.	14	27	a	the 21. day. 28. min.
18	f	Agapit. virg	Capr.	27	28	b	after 11. of the clock
19	g	12. sh. aft. tri.	Aquar.	9	29	c	at night
20	a	Lewis bish.	Aqua.	20	30	d	
21	b	Barnard con	Pisces	2	31	e	
22	c	Octa assump	Pis.	14	1	f	September, 1621.
23	d	Time. fall	Pisc.	25	2	g	
24	e	Barthol Ap	Aries	7	3	a	
25	f	Lewis King	Aries	19	4	b	☾ The last quar-
26	g	Dog day ent	Tau.	1	5	c	ter the 30. day. 32.
27	a	Severine	Tau.	13	6	d	minutes after one of
28	b	Ruphus mar	Tau.	25	7	e	the clocke in the morn-
29	c	Decol. of Jo	Gem.	8	8	f	ning.
30	d	Selice Aud.	Gem.	21	9	g	
31	e	Cuthburge bi	Can.	5	10	a	

September hath xxx. dayes.

Now mayst thou Physicke safely take,
And Bleed and Bath for thy healths sake,
Eate Figges and Grapes and Spicery,
For to refresh thy members dry.

1	f	Giles Tbbot	Can.	19	11	b	
2	f	Anthony ma.	Leo	3	12	e	● The new noone
3	a	Gregorie.	Leo	18	13	b	the 5. day, 21. min.
4	b	Tran. of Cut	Virg.	1	14	e	after 7. of the clocke
5	e	Herculis	Alt.	17	15	f	at night.
6	b	Eugenius.	Lib.	2	16	g	● The first quar-
7	e	Seigon.	Lib.	17	17	a	ter the 12. day, 5. mi-
8	f	Pat. of Ma.	Dec.	2	18	b	nutes after 2. of the
9	f	15. lu. aft. tri.	Dec.	17	19	a	clocke in the after-
10	a	Piothe Jac.	Bag.	1	20	u	noone.
11	b	Martian bi.	Bag.	15	21	e	apathem Noelle.
12	e	Maurile.	Bag.	28	22	f	
13	b	Sol in Libra.	Cap.	11	23	g	● The full moon
14	e	Hely Crosse	Cap.	23	24	a	the 20. day, 20. min.
15	f	Don. of Ma.	Aqua.	6	25	a	after 4. of the clocke
16	f	16. lu. aft. tri.	Aqu.	18	26	c	in the afternoons.
17	a	Both	Pisc.	0	27	b	
18	b	Lambert	Pisc.	11	28	e	
19	e	Ember week	Pisc.	23	29	f	Michael Arch.
20	b	Eustace fals	Bries	5	30	g	
21	e	Machew Ap	Bries	16	1	a	October, 1621.
22	f	Maurice	Bries	28	2	b	
23	f	17. lu. aft. tri	Taur.	10	3	c	
24	a	Indoch mar.	Tau.	22	4	d	● The last quar-
25	b	Finnin. mar.	Gem.	5	5	e	ter the 28. day, 14.
26	c	Cypri. & Just.	Gem.	17	6	f	min. after one of the
27	d	Codm. & Da.	Can.	0	7	g	clocke in the after-
28	e	Cruger. fall	Can.	14	8	a	noone.
29	f	Michael Bre	Can.	28	9	b	
30	f	18. lu. aft. tri.	Leo	11	10	c	

October hath xxxj. dayes.

This Moneth more drinckes and meates be good;
To keepe thy health and nourish thy blood;
Prouide warme Cloathes and goe dry,
Thou shalt escape much danger thereby.

1	a	Remigius b.	Leo	20	11	d	
2	b	Leobin	Virg.	1	12	e	
3	c	Canobrotia	Virg.	2	13	f	● The new moon
4	d	Francis Con	Lib.	11	14	g	the 5. day 11. minut.
5	e	Apollinaris	Lib.	20	15	a	after 4. of the clocke
6	f	Faith virgin	Virg.	10	16	b	in the morning.
7	g	John after	Seco.	25	17	c	
8	a	Gertrude bish.	Virg.	2	18	d	Lucie Evangelist.
9	b	Gertrude bish.	Virg.	23	19	e	● The full moon
10	c	Gedeons	Cap.	6	20	f	ter the 11. day 35.
11	d	Burchard	Cap.	19	21	g	minut. after 5. of the
12	e	Mulfride	Scorp.	22	22	a	a clock in the morning
13	f	John in Scorp	Scorp.	14	23	b	
14	g	John after	Scorp.	26	24	c	● The full moon
15	a	John	Scorp.	8	25	d	the 20. day 28. min.
16	b	Mich. moon	Scorp.	20	26	e	after 9. of the clocke
17	c	Tran. Ethel	Virg.	22	27	f	in the forenoon.
18	d	Luke Euan	Virg.	4	28	g	Simon & Jude
19	e	Frid. woide.	Virg.	26	29	a	
20	f	Fulstbert	Taur.	9	30	b	
21	g	21. sun after	Taur.	20	31	c	
22	a	Mary Salo	Gem.	2	1	d	November 1. 1621
23	b	Severinus	Gem.	14	2	e	
24	c	Paul. of 19	Gem.	27	3	f	
25	d	Crispin & Cr	Can.	10	4	g	● The full moon
26	e	Desula	Can.	24	5	a	ter the 27. day. 44.
27	f	Florence	Leo	7	6	b	minutes after 10. of
28	g	Simon & Ju	Leo	22	7	c	the clocke at night.
29	a	Marcellus b	Virg.	6	8	d	
30	b	German bish	Virg.	21	9	e	
31	c	Quintin fol	Libra	5	10	f	

November hath xxx. dayes.

Now mayst thou drinke sweete Wine freely
 And rise good mirth and Company
 Abstaine from wrath and all Enuy,
 And use thy Brethren Charitably.

1	d	St. Martin	Libra	20	11	g	and outpild
2	e	St. Andrew	Scor.	5	12	a	• The new moon
3	f	St. Peter	Scor.	19	13	b	the 3. day, 13. min.
4	g	St. Paul	Sag.	3	14	c	after 2. of the clocke
5	a	St. Andrew	Sag.	17	15	d	in the afternoon.
6	b	St. Martin	Capr.	9	16	e	• The full moon
7	c	St. Martin	Capr.	14	17	f	the 11. day, 41.
8	d	St. Martin	Capr.	27	18	g	the 11. day, 41.
9	e	St. Martin	Aqua.	9	19	a	the 1. of the
10	f	St. Martin	Aqua.	22	20	b	clocke in the mor-
11	g	St. Martin	Pisces	4	21	c	ning.
12	a	St. Martin	Pisces	18	22	d	• The full moon
13	b	St. Martin	Pisces	28	23	e	the 19. day, about 2.
14	c	St. Martin	Aries	10	24	f	of the clocke in the
15	d	St. Martin	Aries	22	25	g	morning.
16	e	St. Martin	Taur.	4	26	a	the 1. of the
17	f	St. Martin	Taur.	17	27	b	the 1. of the
18	g	St. Martin	Taur.	29	28	c	the 1. of the
19	a	St. Martin	Gem.	11	29	d	the 1. of the
20	b	St. Martin	Gem.	24	30	e	the 1. of the
21	c	St. Martin	Can.	7	1	f	December, 1621.
22	d	St. Martin	Can.	20	2	g	the 1. of the
23	e	St. Martin	Leg.	4	3	a	• The full moon
24	f	St. Martin	Leo	18	4	b	the 26. day, 49.
25	g	St. Martin	Virgo	2	5	c	minutes after 6. of
26	a	St. Martin	Virgo	17	6	d	the clock in the mor-
27	b	St. Martin	Libra	1	7	e	ning.
28	c	St. Martin	Libra	16	8	f	the 1. of the
29	d	St. Martin	Scor.	0	9	g	the 1. of the
30	e	St. Martin	Scor.	14	10	a	the 1. of the

December hath xxxj. dayes.

This Month as I doe now remember,
The Twenty five of this December
Our Sauour Christ was borne that day,
That wee might praile his Name alway.

1	f	Eligius bish.	Dec. 29	11	b	
2	a	Thomas fund.	Mag. 3	12	c	
3	a	Wich. got out	Mag. 26	13	d	● The new moon
4	b	Barbarie	Cap. 9	14	e	the 3. day, 40. minut.
5	c	Abba Abb.	Cap. 22	15	f	after 2. of the clocke
6	d	Nicholas bi.	Aqua. 4	16	g	in the morning.
7	e	Orta of Ind.	Aqua. 17	17	a	
8	f	Conc. of M ^s	Aqua. 29	18	b	
9	a	2. sun. in Ind.	Disc. 12	19	c	● The first quar-
10	a	Christian	Disc. 24	20	d	ter the 10. day, 8. mi-
11	b	Damas. Con	Bries 6	21	e	nutes after 9. of the
12	c	Sol in Capri	Bries 18	22	f	clocke at night.
13	d	St. Lucy	Tau. 10	23	g	
14	e	Deholz virg.	Tau. 13	24	a	
15	f	Valerius bi.	Tau. 25	25	b	Christmas day.
16	g	3. sun. in Ind.	Gem. 8	26	c	St. Stephen.
17	a	Lazarus bish	Gem. 20	27	d	St. John.
18	b	Gratten bish.	Canc. 3	28	e	Innocents.
19	c	Ember week	Can. 17	29	f	
20	d	Julian fast	Leo 6	30	g	
21	e	Thomas Ap.	Leo 14	31	a	
22	f	30. Martyrs	Leo 28	1	b	January. 1611.
23	g	4. sun. in Ind.	Virg. 13	2	c	● The full moon
24	a	Adam & Eve	Vir. 27	3	d	the 18. day, 8. min.
25	b	Christinas d.	Lib. 12	4	e	after 5. of the clocke
26	c	St. Stephen.	Lib. 26	5	f	at night.
27	d	John Euang	Scor. 10	6	g	
28	e	Innocents	Scor. 25	7	a	● The last quarter
29	f	Th. Beke.	Mag. 8	8	b	the 25. day, 19. min.
30	g	David	Mag. 22	9	c	after 1. of the clocke
31	a	Weller bi.	Cap. 5	10	d	in the fore-noon.

Neue 1621.

A Prognostication
seruing for the yeare of
our Lord God and Sau.
our Iesus Christ.

1621.

Whererein you may ob-
serue, the grounds of the condi-
tion of the foure Quarters of this
yeare, and also the disposition of
the ayre, for each seuerall Mo-
neth. With the chaunge of the
Moone, and the time of the Ec-
lipses.

Calculated, and especially referred,
to the longitude and Elevation of
the Pole Articke, of the famous
towne of great Yarmouth, in Nor-
folke, and may serue indifferent-
ly for all England.

Collected and published by
Iosseyr Neue, Gent.

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A necessary rule to know the beginning & ending of euery Terme, with their Returnes.

¶ Hillarie Terme beginneth the 23. daie of Ianuary and endeth the 12. of February, & hath foure returnes
Ostabis Hillarij. } } Crastino Purifica.
Quind. Hillarij. } } Ostabis Purifica.

¶ Easter Terme beginneth 17. daies after Easter, and endeth the monday next after Ascension daie, and hath five Returnes.
Quind. paschæ. } Mense paschæ. } Quinque paschæ.
Tres paschæ. } } Crasti Ascension.

¶ Trinitie Term beginneth the Friday next after Trinity Sunday, and endeth the Tuesday fortnight after, and hath foure Returnes, that is to say.
Crasti Trinitatis. } } Quind. trinitatis.
Ostabis Trinitatis. } } Tres trinitatis.

¶ Michaelmas Terme beginneth the 9. day of October, and endeth the 28. of November. And hath 8. Returnes, that is to say.
} Ostabis Michael. } } Crast. Animarum. }
} Quind. Michael. } } Crast. Martini. }
} Tres Michael. } } Ostabis Martini. }
} Mense Michael. } } Quind. Martini. }

¶ Note also that the Exchequer openeth eight daies before any Terme begins, except Trinity Terme, in which it openeth foure daies before.

¶ On these daies following, the Judges sit not at Westminster.

In } Hilary }
} Easter } Terme, on }
} Trinity } } Ascension } day
} Michaelmas. } } Midsummer. }
} } } Wholland }

Of the Eclipses which shal happen this present yeare of our Lord

God, 1622.

There shal appeare and be presented to the view of the inhabitants of the earth, this yeare of our Lord God 1622. foure eclipses of the two great lights of heauen: two of the Sun and two of the Moone: wherof the first of the Sun, and the latter of the Moone, shal be apparant in our Horizon: but the first of the Moone, and the latter of the Sun, shal happen in countries far distant from vs, and therefore I omit to make any further relation of them, being improper to our Climate.

Of the first Eclipse of the Sunne.

Upon the 11. day of May, the bright Globe of the sun, (which is the eye of the world, the fountain of light, & the cheefe moderator of all the rest of the lights) shal be eclipsed or darkned, by the direct interposition of the body of the Moone betwene him and the earth, about 21. minutes after 8 of the clocke in the forenoon, being then in the last face of Taurus, ioyned with the Moone, not farre off from Cauda Draconis. The points of Degrees eclipsed, is 10 and 30 min: the continuance from the beginning to the end, will be two houres and 38 minutes. This defect or obscurity of the sun (according to the opinion of the best Writers) threatneth most perillous euents in the world (as Messahalah saith) whensoever the sun is eclipsed, it cannot be but some great change, must follow, according to the greatnesse of the Eclipse, except God wonderfully work the contrary at his pleasure: as for the effects, I leaue to speake of at this time.

Of the latter Eclipse of the Moone.

There will sensibly and visibly appeare in our Horizon, a small eclipse of the moone, vpon the 19. day of November, being monday, about two of the clocke in the morning, she being at that instant in the first face of Gemini, and diametrically opposite to the sunne, in a signe of Dyez triplicity, naturally hot and moist, of complexi-
on

on sanguine, masculine, of the day occidentall, and some
men, the house of Mercury, and the exaltation of the
Dragon. This Lunare obscuration both continue frō
the beginning to the end, 2 houres & 10 min. the points
of degrees eclipsed, are 3 and 44 minutes.

The great Coniunctions of great Starres,
the Beelipse of Sunne and Moone,
Doth threate great dearth, great death, and Warres,
if we repent not soone.

Now God aboue, and wrath aboue,
and heauen aboue relent:
And man beneath, and sinne beneath,
and earth beneath, Repent.

Briefe Rules and necessary observations, concerning Bleeding, Ba- thing, Purging, and Sweating, according to the motions of the Moone.

When the weather is eyther extremely hot or
cold, it is not then conuenient, eyther to let
blood or to purge, vnlesse some great necessity
do require it: yet notwithstanding if this blood-letting
be for the Phrensie, the Apoplexie, for a continual head-
ache, proceeding of Cholier or blood, or for any hot bur-
ning Feuer, or other extreme paine, a man in such a case
may not tarry a chosen time, because the patient might
miserably in the meane season. But in this foresaid case
of extremity, blood is not to be let in such quantity as
otherwise it would, if a chosen time might conueniently
be expected.

The best time to let the Phlogmaticke blood, is when
the Moone is in Aries, or Sagittarius, the head and
thighes excepted.

For the Melancholly, the Moone being in Libra or
Aquarius, the buttocks and legs excepted.

A Prognostication.

For the Cholericke, the Moone being in Cancer, Scorpio, or Pisces, the breast and feet excepted.

For the Sanguine, al be good which before is named. In the spring time let blood at the right side. In harvest time let blood at the left side.

For Bathing.

Bathings are commonly vsed rather for pleasure than for profite, especially where hot-houses are ouermuch haunted: but I minde not to speake of them in this place, other wise then to aduertise those that tender their owne health, to be wary and circumspect in resorting vnto them without iust cause, & immediately after, or with such persons as be vncleane. Know that it is not good to bathe when the Moone is in earthly signes, as in Taurus, Virgo, or Capricornus: the reason is because they are of a colde and dry nature, and the nature of colde is to reſtraine and binde: and so the moone being in this signes, the Pores of the body are closed and shut, so that there can be no resolution of humors and superfluities, which by bathing, ought to be aduoced.

But in fiery signes, as when the moone is in Aries, Leo, or Sagittarius, then it is a good time for Bathing, for then the body is apt to resolution, for it is the nature of heate to open and resolue.

It is best bathing, two or three dayes after the change, and at the full of the moone: for then the superfluities are ripe, and ready to auoide, and disposed to flowe and ſhute out, which indeed is the very end and ble of bathing. If any will enter into the Bath, onely for cleanness sake, let the moone be in Libra or Pisces.

Further, if bathing be vsed for health, let the party greued, learne of the wise Physician, whether his sickness hath need of moistening, or drying: for if it hath require moistening, as in Pethis, and such like, then let him bathe in watery signes, hauing good aspects of Iupiter and Venus. But if the sickness require drying, as in paralysis, and the like, then let him bathe, the moone being in fiery signes, hauing good aspects of Mars and the Sonne.

Also, before you enter into any Bath, your body must

must be purged: for if you go in, unprepared and unpurged, peradventure you may be worse after, then before.

The best time of the yeare to bathe in, is the Spring and Summer, and in them the months of May and September. The best time of the day to go into the Bath, is an houre after the Sun rising at the least, alwayes provided, that you must bathe either on houre, or halfe an houre before, & have a stoke either by nature or by art. Ye must cover your head well, so long as ye be in the bath and beware you drinke no cold drinke, although you be very thirsty, but forbear all things that bee colde, lest when ye are hot within, the cold strike suddenly into some principall member, and so hurt you.

The time of carrying in the bath, is commonly one houre, but it may be more or lesse, according to the nature of the bath, or sickness of the party, at the discretion of the wise Physician.

For Purging.

- In purging these 5. things ought to be knowne.
1. The humor which aboundeth.
 2. The best way to auoid it.
 3. The strength of the person.
 4. The manner of the sickness.
 5. The force and nature of the medicine.

For when these things are not considered and observed, many perillous accidents may follow, and greatly grieve and hurt the body.

Good signes for purging generally, are cancer, scorpio, and pilces.

Particularly, as with potions or drinckes, in scorpio.

Purge with eleuaries, the Moone being in Cancer.

Purge with pills, the Moone being in Pilces.

Take preperatures, the moone in Gemini, Libra, or Aquarius.

Take vomits, the moone in Aries, Taurus, or Capricorne.

Take gargles, the moone in Aries, Cancer, or Capricorne.

Take glisters, the moone in Libra, or Scorpio.

To prouoke needlings, the moone in Cancer, Leo, or Libra.

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To stoppe fluxes, rheumes, and laxes, the moon being in Taurus, Virgo, or Capricornus.

Good to comfort the vertue attractiue; the moon in Dries, Leo, or Sagittarius.

Good to comfort the vertue digestiue, the moone in Gemini, Libra, or Aquarius.

Good to comfort the vertue retentiu; the Moone in Virgo or Capricornus.

Good to comfort the vertue expulsiue, the moone in Cancer, Scorpio, or Pices.

For viling of vnguents or plasters, it is best applied when the moone is in that signe which governeth the same member, or part of the body, to which it is applicable.

For Sweatings.

Sweatings, as they are of two sorts, that is to say, naturall and artificiall, so they are vsed for two ends & purposes: the naturall sweate, if good had be taken in opening of the pores, will dissolve grosse & thicke humors, will cleanse the blood, will comfort the spirits, will put away colde, will consume rawe humors, qualifie and quench raging fevers, will helpe windcolles & the dropsie. The artificiall sweate will cleanse the body, put away itch, amend dulnesse in hearing, ease the stone, resolve torments and cold melancholy blood and humors, &c. But for the better performing and effectual working in these cases the counsell of the learned Physician is to be desired and vsed.

The best and most fit times to sweate in, are Les, Dries and Sagittarius, and that two or thre dayes after the change, and at the full of the Moone. And note that sweatings is better to be done at the evening, then in the morning: for when the body hath nourishment within the spirits shall not bee drawne vnto the extreame parts. Note further, that leane and drye folks, & feeble persons, must sweate little, for it will hurt the much: but fat folkes may sweate well, & it will helpe the much.

A Description of the foure quarters of this yeare of our Lord

God, 1621.

Of Winter.

Winter (which is the chiefe capital foe for the Spring, the disgrace of Summer, and the daye devourer of the fruitfull Harvest) began to take his effects (according to our small computation) the 12. of December, in the yeare afore-going, at the first entering of the Sun into the first minute of the signe Capricornus, at which time, the Sun shal be at his greatest south declination from the equinoctiall line, so that he riseth south-east, and settech south-west. Now is the hiemall or winter solstice, for the Sun is so farre removed from our Zenith or verticall point, that he cannot decline any further, and stands at a stop and stay, and then is the shortest day in all the yeare & longest night: and so this quarter both continue vnto the 11. of March next ensuing.

This season is by nature cold and moist, vnpleasant for the most part to travellers, eyther by land or sea, & vnto aged persons it is very combrous and noysom, causing superfluity of crumelle, and abundance of cold moistnesse to overflow their bodies, to their great trouble & disquietnes, &c. The diseases or sicknesses of this season are like to be many Quotidian feauers, rheumes, coughs, and Copping in the lungs and pipes, palfes, crampes, with many other diseases that are incident to this quarter.

Of the Spring.

The Sun (which is the eye of the world, the fountain of light, and the chiefe moderatour of all the rest of the lights) hath like a Gyant run his race, and finished his revolution, (Gradation) throughout the 12. signes, and now beginneth his tourney afresh againe, and goeth an even course, and so becometh an indifferent arbiter betwixt the day & night, and maketh an equality through-

A Prognostication.

out his whole government, to the great joy and comfort of all his reuiued subjects. chearing with his splendane countenance, the poore afflicted weather-worne swedes of this our darke starre of mortality. (which the darkned countenance of winters extremity had almost subdued) with his most excellent presence, wherat the earth begins to smile, and to put on her new apparrell, the flourishing-luxury of fresh flora.

This season is naturally hot and moist, the most temperate tyme of the yeare, and least breeder of sickness that both procure death, & a very conuenient tyme for the removing of sicknesses and griefes gotten before, and also to auoid and preuent those that are to come: for now the dull senses and spirits of men and other Creatures, are quickned and reuiued, and therefore the humours which do abound and are readiest to represse nature, are fit to be emptied and awayed, whether by blood letting, purging, or otherwise, as the learned Physitian shall aduise, and as the cause of the disease shal require. Such therefore as be diseased, let them not neglect this time.

Summery sorts of diseases this quarter, are supposed to happen, many doubtfull feuers, Pluridies, inflammations of the Liver, with other distemperatures, proceeding from the corruption of the blood, which the lord of his goodness keepe from vs, Amen.

Of Summer.

Summer, the third part of our bulgar yeare, according to our vsuall computation, beginneth now when the Sun hath fully determined the Spring-tyme with his last Grade of Gemini, and hath moue'd in his motion to the highest point of his course, namely to the first degree of Cancer, which will be this yeare on the 12. of Iune. Now is the second solstice of the yeare, called the festiual or sommer solstice: for when as the Sun when he entreteth into Capricorne hath his greatest South declination from the equinoctial line: so now at his ingress into the beginning of Cancer, hee hath his greatest declination towards the North from the said equinoctial line: and even then as at the time of the winter solstice, hee

he was so far remooued from our vertical point that he could mooue no further towards the South, and was therefore to approach againe towards our North latitude, at which time he seemeth to stand: so now being come so neare our Zenith, that he cannot moue no further towards the North, and is therefore to reuert againe towards the South latitude. at his first going from vs, he seemeth to stand also: In somuch, that euen as before at his returne towards vs, he made with vs the shortest day and longest night in the yeare: so now at his returne from vs, he maketh contrarywise & longest day and shortest night in the yeare: and afterward declineth more and more from vs, like as before he mooued more and more towards vs.

This season according to his proper nature is hot & dry, turning the humours of mens bodies from coldnesse and moysture, into hotnesse and drynesse, resembling the Element of fire, and complexion of Cholick, bringing all frutes to their ripenesse, Cattle to their fatnesse, and men to their wealth.

The infirmities of this season are supposed to be hot burning Feauers, diuers inflammations, inmoderate sweats, and such other diseases as proceede of the heate of blood and Cholick, &c.

Of the last quarter called Autumne.

Autumne, according to our accustomed Computati-
on, the last quarter of this yeare, beginneth at the Sunnes departure from the last scruple of Virgo, into the first degree of the second equinoctiall signe Libra, the which will be this yeare on the 13 of September, the day and night being of an equall length, as in Spring: At which time is the Autumnall Equinoctiall. For euen as at the Sunnes entrance into Virgo, the day by increasing from the winter Solstice till then, came to be equall with the night, going on still more and more, till the summer Solstice, when was the longest day and shortest night. So now the night by increasing from the Equall Solstice to this the suns ingredience into Li-
bra,

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h22, hath got to bee equall with the day, and shall increase more and more till the W:umali solstice come againe, when the night is longest, and the day shor: est: at this time is of it selfe vnconstant and variable, warme in the day time, and cold in the night.

This quarter because of the inequality of temperature, may as Hippocrates saith, be called the Mother or nurse of deadly sicknesses. And Galen saith, that this time is most perillous: for whatsoever hath bene euill in the seasons before and because of the euill of the ayre in the hot Summer, it will giue great force to the pestilence or pestilentiall feuer.

Sundry diseases are incident to this quarter, which I at this time fully omit, beseeching the Almighty, to turne all euils from vs, both now and hereafter, Amen.

¶ A declaration of the inclination and disposition of the weather and winds, according to the diuers motions and influences of the Erraticall & fixed stars: with the day, houre, and minute of the change of the Moone, her full, & quarters: and also of the rising and setting of the Sun, in euery seauenth day of euery moneth of this yeare of our Lord God, 1621.

¶ Of Ianuary.

Day	The sunne riseth.	The sunne setteth:
1	howre 8 and 3. minuts	howre 3 and 57 minuts.
7	howre 7 and 56 minuts	howre 4 and 4 minuts.
14	howre 7 and 46 minuts	howr 4 and 14 minuts.
21	howre 7 and 34 minuts	howre 4 and 26 minuts:
28	howre 7 and 23 minuts	howre 4 and 37 minuts.

Last quarter the 4. day, 40 min. after 7 of the clocke at night, frosty and cold.

New moone the 12 day, 50 min. after 2 of the clocke in the afternoone, apt for the time.

First quarter the 20. day, halfe an houre after 6. of the clocke at night, cloudy and cold.

Full moone the 27, day, 10 minuts after 3. of the clock in the afternoone, clearing the season.

Iam:.

Neuc. 1621.

Januaries Abstract.

In this Moneth of January let not bloud, neither bile but little physicke, except necessity constraineth, and beware of taking cold, for in this month, Rheumes and flegme do much increase: to fast long is hurtfull, but to drinke white wine fasting is good and wholesome: use meats that are naturally hot moderately, & weare warm cloaths.

In worldly businesse this month you may set all kind of common fruit-trees, as Pears, Plums, Cherries, filberds, Walnuts, and such like, Hawthornes, and all sorts of quicke-sets, trees, or Plants, are fittest to be generally set, from the change to the first quarter.

Take away the Moose and superfluous branches from your trees, & this month it is good to set Beanes, pease parsneps, Radish, Leekes, Carlike, Turneps, and Damons, if the weather be mild, and the moone past her full. You may begin to Grasse at the end of this month, so as the moone be increasing in her light.

Good husbands also this month, crop their Trees, fell Timber, and geld their Cattell, such as must be gelded, the State of the moon alwaies considered.

¶ Of February.

Day	The Sun riseth.	The Sun setteth.
1	hou. 7 and 13 min.	houre 4 and 47 min.
7	hour 7 and 4 min.	houre 4 and 56 min.
14	hou. 6 and 50 min.	houre 5 and 10 min.
21	hou. 6 and 34 min.	houre 5 and 26 min.
28	hou. 6 and 22 min.	houre 5 and 38 min.

Last quarter the 2 day, about one of the clocke in the afterabout, stormy and vnconstant.

New moone the 11 day 50. minutes after 9. of the clocke in the forenoone, some fall of moystrure.

First quarter the 19 day, 8 minutes after 9. of the clocke in the forenoone, answerable to the season.

Full moone the 26 day, 13 min. before 1 of the clocke in the morning, windy and vnconstant.

A Pognofication.

Februaries Abstract.

In this Moneth of February, all slimy Fish, Milke, or Rice, and such like, that do oppilate or stop the Liver and veines, or thicken the blood, are to be eschewed as enemies to health: also yet forbear Whiscke and letting of blood, except great necessity do constrain it, and learned counsell do advise it. Beware of taking cold, for now are Agues apt to be taken, and it is very ill to take heats, and afterwarde to obtain cold upon them.

In this month, is the most apte time to graft, to plant, and to set all kind of trees and bushes, the winde & weather, and age of the moon afore-hand considered. Pease, Beanes, Hastings, Onions, Parsneps, and such like, as in January may very sly bee set in the wane of the Moone. The time is now to trim by Gardens, to set and sow all kindes of Kitchen hearbs, to set slips, and to sow Kernels, to sow Mustard seed and Dates, to set hops and Vines, and to cut and praine them, and to sticke by your counsellall Pease and Hastings.

¶ Of March.

Day	The Sun riseth.	The Sun setteth.
1	hou. 6 and 20 min.	houre 5 and 40. min
7	hou. 6 and 8 minut	houre 5 and 52 min
14	hou. 5 and 54. min.	houre 5 and 6 min
21	hour 5 and 40 min.	houre 6 and 20 min
28	hour 5 and 26 min.	houre 6 and 34 min

Last quarter the 4 day, 34 min. after 11 of the clocke at night, windy and vnconstant.

Beu moone the 13 day, 45 min. after 3. of the clocke in the morning, some fall of moisture

first quarter the 20 day, 45 min. after 7. of the clocke at night, over-casting clouds for raine.

Full Moon the 27 day, 10 min. after 10 of the clocke in the forenoone, sitting the season,

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Marches Abstract.

In this Moneth of March, the humours of mans body begin to increase: and nowe grosse feeding breedeth grosse blood and grosse humors: and therefore vse meats of good digestion, & such as breed good iuyce. It is a good time to purge and clarifie the blood, by Potions, Bathings, and Blood-letting, or such other waies, as the learned Physitian shal appoint, and as the cause of the disease shal require. Now also sweet meats and drinckes are commendable.

The time of grafting as yet indureth, together with setting, sowing, prouing, and plashing, of Vines, Poppes, willowes, Dates, felds-pease, Onions, and Parsneps, and such like, &c.

¶ Of April.

Day	The Sun riseth.	The Sun setteth.
1	hou. 5 and 18 min.	houre 6 and 42 min.
7	hou. 5 and 6 min.	houre 6 and 54 min.
14	hou. 5 and 54 min.	houre 7 and 6 min.
21	hou. 4 and 39 min.	houre 7 and 21 min.
28	hou. 4 and 29 min.	houre 7 and 31. min

Last quarter the 3. day, 21. minutes after 4 of the clock in the afternoon, seasonable weather.

Behold moone the 11. day, 17 min. after 7 of the clocke at night, cloudy and windy.

First quarter the 19. day, about thys of the clocke in the morning, setting the season.

Full moon the 25. day, 55 minutes after 7 of the clock at night, enclined to moisture.

Aprils Abstract.

In this Month of April, the Pores of men are opene

A Prognostication.

opened, and are apt to receiue Physicke : and they that now refuse the same, I commit them to the benefite of Nature, for of all times of the yere, this is the best time to p̄uent causes of sicknesses, or for speedy remedie in extremities : for now nature her selfe dooth renew strength through all the body. So where sickness happeneth, shee soone vnburdeneth by the meanes of Physicke : wherefore what it cannot doe now, hereafter it will hardly be done, therefore take time whilst time is, &c.

As yet you may graft and proue Vines, also set Melons, Cucumbers, Citrons, Partichokes, and pole by Hops, sow Barley, Tanners apply themselves to Barking of trees, &c.

¶ Of May.

Day	The Sun riseth.	The Sun setteth.
1	hou. 4 and 23 min.	hour 7 and 37 min.
7	hou. 4 and 15 min.	hour 7 and 45 min.
14	hou. 4 and 5 min.	hour 7 and 55 min.
21	hou. 3 and 56 min.	houre 8 and 4 min.
28	hou. 3 and 50 min.	hour 8 and 10 min.

Last quarter the 3. day, 57. minuts after 9 of the clocke in in the forenoone, faire and temperate.

New moone the 11 day, 21 min after 8 of the clocke in the forenoone, ouercasting Clouds.

First quarter the 18. day, about 8 of the clocke in the forenoone, cloudy and vnconstant.

Full moone the 25. day, 28 minutes after 7 of the clocke in the morning, inclined to moisture.

Mayes Abstract.

In this month of May rise early, for May doeth not lose any sluggards. And let such as be in health and able, walke into the fieldes, and to eate and drinke a little betimes.

betimes is wholesome: abstaine from all meate as he of a hot nature. And for such as be sicke, it is a very good time to be let blood, or take physicke. Such as be whole God keepe them in health, and such as be sicke, God send them good Physicians and Physicke.

The time is sitting now to sow Basil, Marierom, & such like fine seeds as before might not bee sown, because of the weather for coldnesse. Set Sage according to the Proverbe, set Sage in May & it will last alway. Sow flax and hemp, set Hartichoakes, weede your Hops and Gardens, see to your Grapes, & no superfluous branches trouble them: May dew, Rosemary flowers, and Beane flowers, may at your pleasure be distilled this month, and now also have a care of watching your Wax.

Of Iune.

Day	The sunne riseth.	The sunne setteth.
1	howre 3. and 49. min.	howre 8 and 11 minutes.
7	howre 3. and 46. min.	howre 8 and 14 minutes.
14	howre 3. and 47. min.	howre 8 and 13 minutes.
21	howre 3. and 49. min.	howre 8 and 11 minutes.
28	howre 3. and 52. min.	howre 8 and 8 minutes.

Last quarter the 2 day, 31. minutes after 3. of the clock in the morning, some heate drops.

Heto moone the 9 day, 50 minutes after 6. of the clock at night, apt for the time.

First quarter the 16 day, 27 minutes after high noon windy and vnconstant.

Full moone the 23. day, 31 minutes after 6. of the clock at night, windy and cloudy.

Iunes Abstract.

In this Moneth of Iune, if thou must needes be aphysick, take it early in the Morning, that it may haue wrought before the heat of the day: and use a light and thynne dyet, for the stomach.

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make is not now so able to digest as in winter,
or some other of the former Months. It is very
good and convenient for some to drinke clarifi-
ed Whey, boyled with cold Hearbes, and to ab-
staine from violent exercises.

Distilling of Roses, making Urrops and conserues are
now in the prime. Now gather such hearbs as you meane
to haue all the yeare, but be sure you dry them in shade:
Good Husbonds and huswines are now wading of the
Come & Gardens, others shearing their sheep. The time
serues to set Rosemary and Willowflowers. Take heede
now of cutting of either hedge, tree, or herbs, with knife,
but rather gather them with your fingers. Now may you
set Saffron, carry out compost, make Hay, rid Gardens
of Snailles, Tuts, or Distresses, &c.

Of Iuly.

Day	The Sun riseth.	The Sun setteth.
1	hou. 3 and 54 min.	houre 8 and 6 min.
7	hou. 3 and 59 min.	houre 8 and 1 min.
14	hou. 4 and 7 minut	houre 7 and 53 min.
21	hour 4 and 20 min.	houre 7 and 40 min.
28	hour 4 and 30 min.	houre 7 and 30 min.

Last quarter the 1. day, 21 minutes after 8. of the clocke
at night, cloudy and vnconstant

New Moon the 9. day, 42 minutes after 3. of the clock
in the morning, faire and seasonable.

First quarter the 15. day, 8. minutes after 6 of the clock
at night, ouer-casting clouds.

Full moone the 23. day, 12 minutes after 8, of the clocke
in the forenoone, answerable to the season.

Last quarter the 31 day, 53 minutes after 11 a clocke
in the forenoone, mutable and vnconstant.

Iulies Abstract.

In this month of Iuly, vse cold hearbs, and cold meats,
with in no great thirst, for feare of breeding of Agues and
Pestilence, abstaine from Whilcke and extreme exerci-
ses. And now the Rivers are more wholesome then the
Baths

Baths. Let the Sunne be by before you walke abroad, and take heed of filthy gutters, and stinking lanes. In the time of any plague or pestilence, keep your chamber windows close shut, aswell all nights, as also in close, foggy, and moist daies, opening them when the sun hath force of shining, and bee sure to perfume your Chambers euery euening, with Masticke or Frankinsence, or with Carre put vpon a Chasing-dish of Coales, then which nothing is better, and let them be Carduus Benedictus, boyled and drunke fasting.

May harvest now calleth slacke husbands to work, and such as haue leisure, it is good to fallow for whear, and to carry out fosse, and to gather seeds and flowers to keepe al the yeare, and to dry the flowers in the shade, till they be almost dry, and then set them a while to the sun, that they mould not: and in like manner may you vse your hearbs.

¶ Of August.

Day	The Sun riseth.	The Sun setteth.
1	hou. 4 and 36 min.	houre 7 and 24 min.
7	hou. 4 and 48 min.	houre 7 and 12 min.
14	hour. 5 and 0 min.	houre 7 and 0 min.
21	hou. 5 and 16 min.	hour 6 and 44 min.
28	hou. 5 and 27 min.	hour 6 and 33 min.

New moone the 7. day, 41. minutes after 11. of the clocke at night, soultrey hot weather.

First quarter the 14 day, 21. minutes after 2. of the clock in the morning, watering and vnconstant.

Full Moone the 21. day, 38. min: after 11 of the clocke at night, enclined to moisture.

Last quarter the 30. day, 32 minutes after 1. of the clock in the morning, seasonable and temperat.

Augusts Abstract.

In August moderate diet is good Physicke, for now it is very dangerous to surfeit: and take good heed of heates and then colds, for nothing sooner engendereth Pleurisies. And be not to sleep much, and especially after noone, for making opylations, and for any thing of

A Prognostication

Agues, and the Headach, and Catharres. And let a man abstaine from phisick this month, except great necessity compell him.

Now Lady Ceres lookes to haue men enough to attend vpon her, and he that will not now bestir him to gather in wheate, is well worthy to eate browne Bread at Christmas. They that would haue good seeds for their Garden the next yeare, must now gather of their own, lest in buying abroad, they loose both their mony, fruit, and labour. And such as desire to haue Lettice, or other Hearbes for winter, may commit seeds to the earth now in the increas of the Moone.

¶ Of September.

Day	The sunne riseth.	The sunne setteth.
1	howre 5 and 34 minu.	howre 6 and 26 minutes
7	howre 5 and 46 minu.	howre 6 and 14 minutes
14	howre 6 and 2 minutes	howre 5 and 58 minutes
21	howre 6 and 16 minu.	howre 5 and 46 minutes
28	howre 6 and 28 minu.	howre 5 and 32 minutes

New Moone the 5. day, 31. minutes after 7. of the clocke at night, answerable for the time.

First quarter the 12. day, 5. minutes after 2. of the clock in the afternoone, some fall of moisture.

Full moone the 20 day, 20 minutes after 4 of the clock in the afternoone, ouercasting clouds for raine.

Last quarter the 28, day, 14 minutes after one of the clock in the after noone, stormy and windy.

September's Abstract.

In this month of September, such as haue need may safely take Phisicke, and also may bath and bleede. In this month all things are in their proper vertue. And such fruits as are ripe, and not infected, are good to eat, for such as haue good stomacks.

The time is good to make conserues of Barberies and Quinces, winter hearbs must be now sowne, likewise is the time to set Hartichokes, Rose-trees, Apples, Pears, Wardens, Strawberries, Violets, Gillowflowers. Apples are to be gathered at the full of the moon, low Parle nips, and in dry weather gather your Hops. Good hus-

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bandy is sowing Rie and wheat, and good huswainery is making of Merynce, and plucking of Hemp. &c.

¶ Of October.

Day	The sunne riseth.	The sunne setteth.
1	howre 6 and 34 minu.	hovvre 5 and 26 minuts
7	howre 6 and 46 minu.	hovvre 5 and 14 minuts
14	hovvre 7 and 0 minuts	hovvre 4 and 0 minutes
21	hovvre 7 and 15 minu.	hovvre 4 and 45 minuts
28	hovvre 7 and 26 minu.	hovvre 4 and 34 minuts

New Moone the 5 day, 11 minuts after 4 of the clocke in the morning apt for the time.

First quarter the 12. day, 35. minutes after five of the clocke in the morning ouercasting Clouds for raine.

Full moone the 20 day 28. minuts after Nine of the clocke in the forenoone. cold and cloudy.

Last quarter the 27 day, 44 minutes after ten of the clocke at night, windy and vnconstant.

Octobers Abstract.

In his month of October, thou mayst take Phisick, and also bleed and bath if occasion serue, vse hot meates, and drinke any good wholesome wines to nourish good blood: and beware of taking colde, because the Quarrtain Ague will be apt to be taken, and such other dangerous diseases.

Remoue young Trees, as Apples, Peares, Quinces, Roses, &c. Set Beale, Barneys, &c.

Good Husbands need not be hasted to sowing of wheat, let Ruts, Peoznes, and filberds, and to doing of such good husbandry.

¶ Of Nouember.

Day	The sunne riseth.	The sunne setteth.
1	hovvre 7 and 33 minuts	hovvre 4 and 27 minuts
7	hovvre 7 and 42 minuts	hovvre 4 and 18 minuts
14	hovvre 7 and 52 minuts	howre 3 and 8 minutes
21	hovvre 8 and 3 minutes	hovvre 4 and 57 minuts
28	hovvre 8 and 9 minutes	hovvre 3 and 51 minuts

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New Moone the 3. day, 19. minutes after 2 of the clock
in the afternoone, some fall of moisture.

First quarter the 11. day, 41 minutes bef: 1 of the clock
in the morning, windy and vnconstant.

Full moone, the 19. day, about two of the clocke in the
morning, sitting the time.

Last quarter the 26. day, 49. min. after 6 of the clocke
in the morning, cloudy, or windy.

Nouembers Abstract.

In November finish the Whiske that yet meane to
take, and so rest till March, except som great necessitie
compell thee: vse good meats and wholesome Wine to
nourish thy blood: prouide thee war in clothing, and ge
dy of thy feet, or else make sure account of rheume &
Pese, beades some other inconuenience that will ensue.
Beware of the hot house this month, and vse Beto-
ny and Cinamon in drinke.

In the new of the Moone, you may remooue young
trees as in the last month, and set Crab-tree stockes to
graft vpon, when you please. It is also a good time in
the wane of the moone, to set Pease, Beans, and if the
weather be not too hard, it is good sowing of parsneps,
good making of Malt, and killing of Bees & Swine.

¶ Of December.

Day	The sunne riseth.	The sunne setteth.
1	howre 8 and 12 minu.	howre 3 and 48 minutes
7	howre 8 and 14 minu.	howre 3 and 46 minutes
14	howre 8 and 15 minu.	howre 3 and 45 minutes
21	howre 8 and 12 minu.	howre 3 and 48 minutes
28	howre 8 and 7 minu.	howre 3 and 53 minutes.

New moone the 3 day, 40 minutes after 2 of the clocke
in the morning, windy and stormy.

First quarter the 10. day, 8 minutes after 9 of the
clocke at night, some fall of moisture.

Full moone the 18. day, 8 minutes after 5 of the clocke
at night, winterly weather.

Last quarter the 25 day, 19 minutes after 2 of the clock
in the afternoone, stormy and windy.

Decembers Abstract.

In this month of December, keepe thy thy body and head from cold, and eate such meates as be of a hot quality, abstaine from physicke, and let thy kitchen be thy Apothecary, wa: me cloathing thy Horse, merry company thy keepers, and good hospitality thy exercise.

Remoue fross and bushes as aforesaid in November, if the weather proue not extreme. In the wane of the Moone, let Beans & Pease, and those herbs that cannot endure the cold, coner them with straw, or other provision, from the frosts and snow. Finally, thus ending the old yeare, let vs repent vs; and forsake our old sins, and leade new liues, all the daies of this miserable and transitory life, that in the ende, we may be translated into everlasting ioy and happynesse through Iesus Christ our Saniour, who be praised for ever and ever, Amen.

Soli sapienti Deo, sola Gloria.

FINIS.